

City of Durham

Mature Adult News



Debra Meade won gold in swimming events and track and field events during the 2010 Durham Senior Games.



Mr. & Mrs. Harris enjoy the view during the Mature Adults trip to Historic Bath and Washington, NC.

***“You don’t stop playing because you grow old...
You grow old because you stop playing.”***

MARK YOUR CALENDARS

2010 Mature Adult Day Trips

- ⇒ **July 15 Winston-Salem:** Yadkin Valley Wineries—North Carolina’s rich farmland and mild climate contribute to the success and wide variety of grapes grown across the state, producing more than 500,000 gallons of wine annually! The Yadkin Valley is fast becoming a center of North Carolina wine production, and we will get to experience it! We will travel by coach, have tastings at three wineries, and enjoy a fabulous lunch.
- ⇒ **August 25 New Bern:** Tryon Palace—Visit the birthplace of Pepsi and home of Tryon palace! This picturesque and progressive historic community is uniquely situated at the confluence at the Neuse and Trent Rivers. Take a step back in time to explore and experience a culture rich in history and tradition.
- ⇒ **October 1 Raleigh:** Silver Arts Showcase—You have seen our local talent at the Durham Senior Silver Arts Showcase, now go with us to Raleigh to see performances from all over NC in categories of dance, vocal, music, comedy, and many others. There is something for everyone! We will grab a bite to eat at K&W Cafeteria in Cameron Village before the show.

NATIONAL CENTER ON ELDER ABUSE

What is Elder Abuse

Elder abuse is a general term used to describe certain types of harm to older adults. Elder abuse may include physical abuse; neglect; emotional or psychological distress; verbal attacks and threats; financial abuse and exploitation; sexual abuse; and abandonment. In many states, self-neglect is also considered abusive.

Who is at Risk?

Elder abuse is often found in the residential home, nursing homes, or other institutions. It affects seniors across all socio-economic groups, cultures, and races. Dementia is a significant risk factor. Individuals who suffer from mental health and substance abuse issues are at a higher risk of being a victim or abusing a senior. Isolation can also contribute to risk.

What should I do if I suspect Elder Abuse?

Report Your Concerns

Remember: Most cases of elder abuse go undetected. Don't assume that someone has already reported a suspicious situation.

To report suspected abuse in the community, contact your local adult protective services agency.

For state reporting numbers, visit the NCEA website at www.ncea.aoa.gov or call the **Eldercare Locator** at

1-800-677-1116

Types of Elder Abuse

Physical abuse—Use of force to threaten or physically injure a vulnerable elder.

Emotional abuse—Verbal attacks threats, rejection, isolation, or belittling acts that cause or could cause mental anguish, pain, or distress to a senior.

Sexual abuse—Sexual contact that is forced, tricked, threatened, or otherwise coerced upon a vulnerable elder, including anyone who is unable to grant consent.

Exploitation—Theft, fraud, misuse or neglect of authority, and use of undue influence as a lever to gain control over an older person's money or property.

Neglect—A caregiver's failure or refusal to provide for a vulnerable elder's safety, physical, or emotional needs.

Abandonment—Desertion of a frail or vulnerable elder by anyone with a duty of care.

Self-neglect—An inability to understand the consequences of one's own actions or inaction, which leads to, or may lead to, harm or endangerment.



Low vitamin D linked to mobility problems

Stay out of the sun... use sunscreen... cover up... wear a hat... nag, nag, nag. I'm sick of it!

This bad advice has led directly to the vitamin D crisis and skin cancer explosion -- and now, a new study shows how it's destroying senior's lives, too.

Researchers say older Americans with the lowest levels of vitamin D have the highest risk for mobility problems... while those with the highest levels of the sunshine vitamin had the lowest risk.

Which category are you in? If you answered "highest," you're probably wrong. Most Americans are badly deficient, and it's getting worse every year.

Just look at this new study. Researchers tested 2,641 golden oldies with an average age of 75, and found two-thirds of them had insufficient vitamin D levels.

All of these seniors were asked to perform basic mobility tasks, such as walking 400 meters quickly, rising from a chair without using their arms, and some balance tests similar to what a cop might ask a DWI suspect to do.

The seniors were given the tests again two years later, and two years after that... and those with the highest vitamin D levels from the start did the best all the way through, according to the study presented at the Experimental Biology 2010 meeting.

The researchers say now they want to study whether vitamin D supplements can keep you out of the wheelchair, but let's call that what it is: An easy play for another research grant.

I can tell you right now what they'll find if they use high levels of genuine, natural vitamin D3: Healthy, active seniors. Vitamin D won't just boost your mobility, it will also lower your risk for diabetes, heart disease, bone breaks, cancer, colds, flu and more.

You can get your own quality supplement easily enough, but the best way to take in vitamin D is to soak up the sun.

Just use a little common sense, don't get burned... and ignore the nags.

Durham Adjusts Solid Waste Collection Schedules for Summer Heat

Earlier Collection Schedule Effective June 1 - September 30



Summer in North Carolina means one thing for City of Durham employees who work outside all day long— soaring temperatures and the risk of heat-related injuries.



To combat the heat and its effect on employees, the City's Solid Waste Management Department is adjusting its schedule. Solid waste, yard waste, recycling, and bulky item collection pick up will begin earlier in the day. From June 1- September 30, residents

must place their carts on the curb the night before their normal pick-up day. The collection time begins daily at 6 a.m.

Solid Waste collectors will make every effort to complete their regular routes. However, during times of extreme heat, that may not be possible. If you miss your garbage pick up on your collection day, please leave your cart at the curb and call Durham One Call at (919) 560-1200 to schedule pick up.

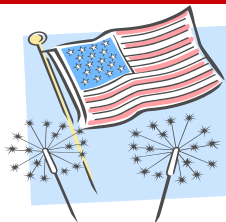
Reduce, Reuse and Recycle

DO:

- * Scrape excess grease in a container and dispose of it in the garbage.
- * Place food scraps in waste containers or garbage bags for disposal with solid waste, or start a compost pile; promote use of scraping ware prior to washing.
- * Place a wastebasket in the bathroom to dispose of solid waste. Disposable diapers, condoms, and personal hygiene products do not belong in the sewage system.
- * Promote the concept of "3 R's": Reduce, Reuse, Recycle.

DO NOT:

- ⇒ Pour grease, fats, and oils from cooking down the drain.
- ⇒ Use the toilet as a wastebasket.
- ⇒ Use the sewer as a means of disposing food scraps.



Leave Fireworks to the Professionals
Be CAREFUL as you Celebrate JULY 4th!!!

The fireworks that marks the celebration of the Fourth of July are dangerous explosive devices that should never be used by amateurs. Each year thousands of people, many children, are burned, blinded, even disfigured by fireworks. In addition, fireworks cause fires that cost millions of dollars in property loss.

Participate in the July 4th festivities sponsored by the Durham Bulls and Durham Parks & Recreation on Sunday, July 4th. For more information visit www.DPRPlayMore.org.

Medicare 'Doughnut Hole' Rebate *The Checks Are In The Mail*

Seniors who hit the so-called doughnut hole or the gap in Medicare's prescription drug coverage will begin getting \$250 rebate checks in two weeks.

The Obama administration made the announcement providing one of the first health care benefits to take affect in 2010, and the first step to end a decade-long phase-out of the unpopular gap in Medicare Part D drug coverage. Seniors now enrolled in a Medicare Part D plan pay 25 percent of the cost of their prescription drugs until the total bill reaches \$2,830. At that point, enrollees must pay the full cost of their prescriptions until their total out-of-pocket spending reaches \$4,550. Catastrophic coverage then kicks in and enrollees pay 5 percent of drug costs for the rest of the year.

Department of Health and Human Services (HHS) officials said that the first 80,000 seniors who hit that coverage gap, or 'doughnut hole,' will be sent checks on June 10, five days before the deadline.

Checks will then go out every 30 days or so after that. By year's end, an estimated four million beneficiaries will get them. The rebates are a one time benefit. Starting next year, beneficiaries will get a 50 percent discount on brand name medications once they reach the coverage gap. Within a decade the gap will be closed altogether.

HHS Secretary Kathleen Sebelius has warned that scam artists are already trying to take advantage of the rebate by circulating bogus information and soliciting seniors at their homes. Sebelius says that "seniors not only need to do nothing in order to receive the rebate checks -- they should do nothing."

Unlike most parts of Medicare, there is no third party involvement with the rebate program, as the federal government will mail the rebate checks directly to qualifying recipients, no registration necessary.

For more on the \$250 checks, go to www.medicare.gov/publications/Pubs/

Aging Skin: 7 Habits That Make Skin Age Faster

1. Cigarette Smoke
2. Sun Exposure
3. Lack of Exercise
4. Exposure to Cold Weather
5. Alcohol Use
6. Stress
7. Lack of Sleep



NATIONAL NIGHT OUT 2010**TUESDAY AUGUST 3, 2010**

The official 2010 NNO Registration form is available at <http://nationalnightout.org/nno/reg.html> or <http://nationalnightout.org/nno/about.html>. Simply complete the online form and submit it. (Note: There is no cost to register or participate)! Once registered, coordinators receive an ORGANIZATION KIT filled with "how-to" materials such as: Promotional ideas; Guidelines; Tips; Questions and answers; Camera-ready art; and, Sample news releases and proclamations.

You will also receive NNO 'Updates' during the period leading up to the event as well as information on "Project 365" a unique component to the National Night Out Campaign.

Along with the traditional display of outdoor lights and front porch vigils, cities, towns and neighborhoods 'celebrate' NNO with a variety of events and activities: block parties; cookouts; visits from local police and sheriff departments; parades, exhibits; flashlight walks; contests; and, youth programs.

NNO has proven to be an effective, inexpensive and enjoyable program to promote neighborhood spirit and police-community partnerships in our fight for a safer nation. The benefits your community will derive from NNO will most certainly extend well beyond the one night.

**the laughter corner****Giving Thanks**

Joe was driving down the street in a sweat because he had an important meeting and couldn't find a parking place.

Looking up to heaven he said, "Lord take pity on me. If you find me a parking place I will go to Mass every Sunday for the rest of my life and give up my drinking whiskey!"

Miraculously, a parking place appeared.

Joe looked up again and said, "Never mind, I found one."

Know the signs of heat stroke

Heat stroke occurs suddenly (generally in the sun). Body temperatures can rise to over 106 F, and you must act quickly.

The warning signs of heat stroke include: an extremely high body temperature, red, skin that can be at first be cool and moist and later hot and dry (due to dehydration), rapid, strong pulse, throbbing headache, dizziness, nausea, confusion, and unconsciousness. Get the victim into shade, cool them down with cool water, call 911 immediately (call the hospital ER if 911 is delayed).



The Durham Parks and Recreation Mature Adults staff facilitates two committees with similar yet different interests. The MA Advisory Board creates this newsletter and is concerned with big picture MA issues including advocacy, funding, program diversity, and expanding partnerships.

The Mature Adults Council (MAC) focuses on publicity, programming, and selecting destinations for the trips each year.

If you are interested in getting involved please contact the Mature Adults Office.

Mature Adults Office Location

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406 Rigsbee Avenue,
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(919) 354-2710

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Durham Parks and Recreation Website:

www.DPRPlayMore.org

DPR Mature Adults Website:

http://www.durhamnc.gov/departments/parks/senior_games.cfm